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## Prepare for the TOEFL

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Applicants must have a minimum score of 75 on the Internet-based TOEFL exam and submit their score with their Fulbright application. Applicants who already have a valid paper-based TOEFL score of 537 or higher can submit that score in lieu of an Internet-based score. For more information about TOEFL please visit the ETS website; [www.ets.org](http://www.ets.org). Here are some important tips:

- Know what to expect on test day.
- Learn about the exam by visiting the resources below, including [www.ets.org/toefl](http://www.ets.org/toefl).
- Start studying now.
- **Start a STUDY GROUP:** Find three to five friends and set up a TOEFL study group.
  - Learn more about making your group successful:  
<http://web.duke.edu/arc/documents/How%20to%20Form%20a%20Successful%20Study%20Group.pdf>
  - <http://www.fpanet.org/professionals/PracticeManagement/PracticeSolutionsMagazine/JulyAugust2011/12TipsforaSuccessfulStudyGroup/>
- Set a goal of scoring high.
- Use test-taking strategies to improve your score.
- Concentrate on the questions that test vocabulary in the antonyms and the analogies portions. Although you probably cannot dramatically change your basic reading comprehension

level in a few hours, you can add to your vocabulary score. Your time working on vocabulary lists will pay off in your score.

- Be sure to fill in an answer for every question...and definitely finish the exam.

### **Avoid Test Anxiety:**

- Get plenty of sleep.
- Mental Rehearsal of the Exam Situation: Imagine yourself taking the exam – picture the sounds and sights. Envision yourself staying calm.
- Predict and avoid disasters: What disasters do you predict? Nerves? What are you going to do to deal with your nerves? Have a plan.
- Breathe.
- Close your eyes, re-read the problem: if it doesn't make sense—skip it—and go on to other problems—spend the most time on the problems you understand.
- What if you get held up in traffic? Go early?
- Keep calm. Imagine yourself answering the question in a cool, calm manner.

## RESOURCES:

- **General TOEFL Overview:**

[http://www.ets.org/s/toefl/flash/17494/TOEFL Resources Web Video.htm](http://www.ets.org/s/toefl/flash/17494/TOEFL_Resources_Web_Video.htm)

- **Vocabulary Lists:**

<http://www.examenglish.com/TOEFL/toeflvocabulary.htm>

<http://www.toeflvocabulary.com/>

- **TOEFL TV Channel:**

<http://www.toeflvocabulary.com/>

- **TOEFL Practice:**

<http://toeflgoanywhere.org/toefl-practice>

## List of Testing Centers in Afghanistan:

### **Kabul Educational Advising Center (KEAC)**

**Address:** Sarak Bazar-e Karte 4, Exit Side of International School of Kabul, Kabul

**Phone:** 0202511202

**Email:** [Info@Sesoaf.org](mailto:Info@Sesoaf.org)

### **Emerging Leaders Consulting Services (ELCS)**

**Address:** Darul Aman Road, Near Laycee Habibia, Kabul

**Phone:** 0781304730

**Email:** [Info@Elcs-af.com](mailto:Info@Elcs-af.com)

### **American University of Afghanistan (AUAF)**

**Address:** Darulaman Road, Sanatorium, Kabul

**Phone:** 0797200400

**Email:** [Communications@auaf.edu.af](mailto:Communications@auaf.edu.af)

### **Ghalib Institute of Higher Education**

**Address:** Gardeh Park, Jadeh Arbab Zada Ha, Herat, Afghanistan

**Phone:** 0703503500

**Email:** [Info@Ghalib.edu.af](mailto:Info@Ghalib.edu.af)

**Kateb University**

**Address:** Haji Norouz Square, Jada-e-Mazari, Barchi, Kabul

**Phone:** 0729001989

**Email:** [plc@kateb.edu.af](mailto:plc@kateb.edu.af)